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Bandage Instructions

1. Wait 48 hours after having sutures/stiches removed to get the foot or ankle wet.
2. Remove bandage. Take a quick shower, **Do Not Soak the foot or ankle.**
3. After the shower, dry the foot or ankle well.
4. Apply antibiotic ointment (neopsorin/bacitracin) to the incision
5. Apply guaze and tape.
6. Wrap with an ace bandage, snug, not tight.
7. Continue to use surgical shoe/walking cast for all walking until the doctor says otherwise.
8. Continue to minimize activity. The more you are off of the foot/ankle the quicker it will heal.